

VALORI NUTRITIONALE CALCULATE PENTRU O PORTIE / BUCATA:

Nr Crt	Denumire produs	Valoare energetica (kcal)	Proteine [g]	Lipide [g]	Acizi grasi saturati [g]	Glucide [g]	Zaharuri [g]	Sare [g]
CIORBE								
1	CIORBA BURTA 400g	1966.003	168.130	127.458	12.010	25.548	1.234	3.999
Aditivi: 0 Alergeni: oua, lapte, telina								
2	CIORBA PUI CU TAITEI 400G	571.371	49.144	17.219	0.850	52.877	3.443	1.970
Aditivi: 0 Alergeni: cereale, oua, telina								
3	CIORBA VACUTA 400G	630.344	61.220	19.357	0.010	56.113	3.777	0.826
Aditivi: 0 Alergeni: telina								
4	CIORBA DE LEGUME 400G	328.195	15.394	1.692	0.010	65.876	3.674	0.420
Aditivi: 0 Alergeni: telina,								
5	CIORBA RADAUT 400G	1889.503	187.770	111.708	7.410	18.518	1.234	0.409
Aditivi: 0 Alergeni: oua, telina, lapte								
6	SUPA CREMA DE MAZARE 400G	1259.110	26.004	67.701	14.448	129.534	0.000	0.775
Aditivi: 0 Alergeni: lapte, unt.								
7	SUPA CREMA DE MORCOV 400G	5940.910	178.392	82.389	14.448	1089.76	0.000	0.775
Aditivi: 0 Alergeni: lapte, unt,								
8	SUPA CREMA DE TELINA 400G	5940.910	178.392	82.389	14.448	1089.76	0.000	0.775
Aditivi: 0 Alergeni: lapte, unt, telina								
CIORBE MENIU								
9	BORS DE GAINA 400G	881.617	85.509	21.338	0.040	83.250	8.104	0.797
Aditivi: 0 Alergeni: gluten, telina, oua								
10	BORS DE HRIBI 400G	303.727	14.364	15.378	6.040	29.535	4.668	0.819
Aditivi: 0 Alergeni: telina, lactate, cereale								
11	BORS DE HRIBI DE POST 400G	440.727	15.514	28.378	12.040	34.385	8.668	2.319
Aditivi: 0 Alergeni: telina, cereale								
12	CIORBA RADAUTEANA 400G	2034.343	181.770	130.658	6.010	18.518	1.234	1.184
13	CIORBA A LA GREC DE DOVLECEI 400G	1936.577	140.059	125.045	12.010	54.228	5.234	3.459
Aditivi: 0 Alergeni: telina, lactate, cereale								
14	CIORBA A LA GREC DE PURCEL 400G	1864.497	163.826	117.399	10.417	26.435	1.368	2.442
Aditivi: 0 Alergeni: telin, lactate, oua, cereale								
15	CIORBA A LA GREC DE MARUNTAIE 400G	1807.791	164.217	109.014	6.010	31.615	1.502	2.003
Aditivi: 0 Alergeni: telina, lactate, oua, cereale								
16	CIORBA A LA GREC DE PERISOARE 400ML	2042.334	162.514	124.625	14.948	56.050	1.368	1.513
Aditivi: 0 Alergeni: telina, lactate								
17	CIORBA A LA GREC DE PUI 400G	2010.257	173.221	127.761	7.210	29.417	1.368	1.594
Aditivi: 0 Alergeni: telina, lactate oua								
18	CIORBA ARDELENEASCA CU AF 400G	2742.097	215.526	105.546	69.010	73.285	1.368	1.981
Aditivi: 0 Alergeni: telina, lactate, oua								
19	CIORBA BULGAREASCA 400G	1120.850	22.320	75.578	12.026	87.985	9.528	2.473
Aditivi: 0 Alergeni: gluten, soia								
20	CIORBA DE CARTOFI 400G	700.914	10.926	50.328	0.010	51.018	1.100	0.775
Aditivi: 0 Alergeni: 0								
21	CIORBA DE FASOLE CU AF 400G	1296.324	81.013	16.730	42.010	109.195	2.140	2.664
Aditivi: 0 Alergeni: gluten								
22	CIORBA DE LEGUME 400G	329.435	15.466	1.692	0.010	66.108	3.674	1.970
Aditivi: 0 Alergeni: telina								
23	CIORBA DE PERISOARE 400G	1825.974	159.184	104.617	2.948	52.087	1.368	2.288
Aditivi: 0 Alergeni: oua, telina, cereale								
24	CIORBA DE PRAZ DE POST 400G	918.364	14.667	74.125	12.080	45.817	11.482	2.394
Aditivi: 0 Alergeni: telina, cereale, soia								
25	CIORBA DE VACUTA 400G	630.344	61.220	19.357	0.010	56.113	3.777	1.601
26	CIORBA DE CARTOFI CU TAITEI 400G	1114.034	28.606	55.368	0.026	122.778	6.430	0.775
Aditivi: 0 Alergeni: telina, faina, oua								
27	CIORBA DE CARTOFI SI CIUPERCI 400G	1098.034	38.606	56.368	0.026	123.578	2.860	0.775
Aditivi: 0 Alergeni: 0								
28	CIORBA DE CRAP 400G	350.445	39.405	4.547	0.010	39.113	3.084	0.316
Aditivi: 0 Alergeni: paete, orez, telina								

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29	CIORBA DE CURCAN 400G Aditivi: 0 Alergeni: telina,faina,oua	1392.417	90.584	75.963	0.010	78.450	4.804	0.797
30	CIORBA DE DOVLECEI POST 400G Alergeni: telina,soia	506.577	14.059	30.045	12.010	47.228	5.234	3.459
31	CIORBA DE FASOLE BOABE 400G Aditivi: 0 Alergeni: telina	323.345	13.085	11.656	0.010	41.925	1.234	0.797
32	CIORBA DE FASOLE CU CIUPERCI 400G Aditivi: 0 Alergeni: 0	747.751	18.322	52.119	0.010	52.365	1.100	1.938
33	CIORBA DE FASOLE VERDE 400G Aditivi: 0 Alergeni: 0	810.290	10.030	73.520	12.018	24.925	9.314	2.895
34	CIORBA DE FASOLE VERDE DE POST 400G Aditivi: 0 Alergeni: 0	810.290	10.030	73.520	12.018	24.925	9.314	2.895
35	CIORBA DE LEGUME CU CIUPERCI 400G Aditivi: 0 Alergeni: telina	602.436	37.466	6.692	0.010	116.108	3.674	1.970
36	CIORBA DE PERISOARE PESTE 400G Aditivi: 0 Alergeni: peste,oua,telina	1860.610	165.176	107.785	0.010	50.288	1.234	0.797
37	CIORBA DE PLEUROTUS 400G Aditivi: 0 Alergeni: telina,oua,lactate	1651.148	136.985	106.789	6.010	27.783	1.368	1.981
38	CIORBA DE PRAZ 400G Aditivi: 0 Alergeni: telina,cereale,oua	889.364	15.167	71.125	12.080	42.917	7.482	0.894
39	CIORBA DE PUI CU ROSII 400G Aditivi: 0 Alergeni: telina	967.371	65.594	35.689	0.010	92.877	3.443	1.970
40	CIORBA DE PUI CU TAITEI DE CASA 400G Aditivi: 0 Alergeni: telina,gluten,oua	745.371	55.594	33.689	0.010	52.877	3.443	1.970
41	CIORBA DE SFECLA 400G Aditivi: 0 Alergeni: 0	430.864	12.300	17.685	0.010	57.969	6.100	2.391
42	CIORBA DE VACUTA CU SFECLA ROSIE 400G	691.724	63.794	19.555	0.010	67.795	11.277	2.282
43	CIORBA DE VARZA CU AFUMATURA 400G Aditivi: 0 Alergeni: lactate	577.355	36.793	10.509	31.210	22.958	1.100	1.938
44	CIORBA TARANEASCA CU PORC 400G Aditivi: 0 Alergeni: telina	443.934	52.641	15.136	5.110	28.263	3.575	1.950
45	CIORBA TARANEASCA CU PUI 400G	395.184	48.691	10.586	0.010	28.563	3.575	1.950
46	CIORBA TARANEASCA CU VACUTA 400G	360.184	38.791	11.986	0.010	28.263	3.575	1.950
47	CIORBA TARANEASCA LEGUME 400G	337.530	15.826	1.784	0.010	67.663	3.994	1.582
48	NACREALA 400G	303.435	15.526	4.952	0.010	54.278	2.541	1.780
49	SUPA CREMA DE DOVLECEI 400G Aditivi: 0 Alergeni: oua,lactate	2618.660	156.505	152.575	24.765	141.341	4.000	2.275
50	SUPA CREMA DE DOVLECEI DE POST 400G Aditivi: 0 Alergeni: soia	1092.110	28.600	48.635	24.000	135.076	8.000	3.775
51	SUPA CREMA DE LEGUME 400G Aditivi: 0 Alergeni: telina,oua,lactate	2817.270	161.375	161.238	25.530	168.555	6.670	2.703
52	SUPA CREMA DE LEGUME DE POST 400G Aditivi: 0 Alergeni: telin,soia	1684.370	34.785	98.139	24.000	164.365	10.670	4.203
53	SUPA CREMA DE PUI CU CIUPERCI 400G Aditivi: 0 Alergeni: gluten,lactate,oua	2617.056	182.439	142.096	20.744	138.300	0.000	1.813
54	SUPA CREMA DE ROSII 400G Aditivi: 0 Alergeni: lactate,oua	2600.270	158.700	139.001	13.530	164.530	0.000	0.775
55	SUPA CREMA DE ROSII DE POST 400G Aditivi: 0 Alergeni: soia	1712.370	34.910	98.901	24.000	167.140	8.000	3.775
56	SUPA DE PUI CU TAITEI 400G Aditivi: 0 Alergeni: gluten,oua,telina	1068.239	91.802	41.035	0.000	79.034	3.905	0.830
FELUL2 MENIU								
57	ARDEI UMPLUTI CU CARNE 300G Aditivi: 0 Alergeni: orez,	2256.504	184.814	139.713	10.076	68.766	0.000	1.776

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58	ARDEI UMLUTI CU OREZ 300G Aditivi: 0 Alergeni: orez	1309.827	35.524	70.251	1.020	159.005	0.000	5.038
59	ARIPIOARE PANE +G+S 500G Aditivi: 0 Alergeni: gluten,oua,lactate	2375.958	97.927	60.880	49.640	91.195	13.600	5.883
60	ARIPIOARE PICANTE CU PIURE 500G	1439.230	105.795	73.314	1.173	82.765	10.480	2.720
61	CARNACIORI GRATAR +G+S 500G Aditivi: 0 Alergeni: lactate	1798.620	84.243	128.571	1.275	70.903	0.000	0.775
62	CARNATI AFUMATI CU FASOLE 500G Aditivi: 0 Alergeni: 0	2173.248	120.125	142.648	0.000	107.342	0.000	2.713
63	CARTOFI COPTI SI VARZA CALITA 500G	896.708	26.641	31.327	0.000	137.509	16.000	1.550
64	CASCAVAL PANE +G+S 500G Aditivi: 0 Alergeni: gluten,oua,lactate	3315.800	245.432	185.739	12.600	138.433	10.480	3.108
65	CEAFA CU SOS DEMI G+S 500G	1280.710	70.518	64.100	2.820	107.438	5.604	3.888
66	CEAFA DE PORC LA TAV +G+S 500G Aditivi: 0 Alergeni: lactate	1165.540	69.619	63.009	1.275	84.719	0.000	1.550
67	CHIFTELE BROCOLI +G+S 500G Aditivi: 0 Alergeni: cereale,soia,lactate	1035.020	13.933	71.795	1.275	80.043	10.480	2.332
68	CHIFTELE DE LEGUME CU PILAF+S VARZA 500G Aditivi: 0 Alergeni: telina,gluten	1995.959	35.579	122.228	0.000	188.310	15.024	5.001
69	CHIFTELE DE NAUT, PIURE SI VARZA 500G	892.870	10.608	60.255	10.715	74.768	10.480	3.327
70	CHIFTELE LEGUME SI OREZ CU CIUPERCI 500G	3386.119	162.599	217.233	0.000	188.280	11.820	3.713
71	CHIFTELUTE MARINATE G+S 500G	1511.282	94.671	83.825	1.481	95.502	0.134	2.347
72	CIOLANEL DE PORC +G+S 500G Aditivi: 0 Alergeni: 0	505.013	11.459	21.480	0.005	70.018	0.422	0.005
73	CIOLANEL DE PORC CU FASOLE 500G Aditivi: 0 Alergeni: 0	917.660	54.509	18.297	0.000	142.164	0.000	2.713
74	CIULAMA DIN PULPE PUI +MAMALIGA 500G Aditivi: 0 Alergeni: gluten,telina,lactate si derivate	1686.467	74.751	110.799	8.220	91.322	1.334	2.409
75	CIUPERCI SOTE SI MAMALIGA 500G	1320.110	35.904	85.561	0.000	113.564	0.000	3.100
76	COD PANE +CP+SOS T 500G Aditivi: 0 Alergeni: peste gluten,oua,mustar	3201.470	85.378	63.839	54.470	89.788	5.550	9.995
77	CONOPIA PANE CU PIURE SI VARZA500G Aditivi: 0 Alergeni: gluten,soia	1859.940	28.496	33.299	42.000	135.521	10.480	3.883
78	COPANELE CUPTOR PILAF SI MURATURI 500G Aditivi: 0 Alergeni: orez,telina	1220.747	83.829	66.882	0.000	73.870	0.134	1.959
79	COTLET LA TAVA CU G+S 500G Aditivi: 0 Alergeni: telina,orez	1038.227	64.739	46.102	9.460	96.790	0.134	2.347
80	CRAP PRAJIT CU MAMALIGA MZ 400G Aditivi: 0 Alergeni: peste,malai	1569.032	51.445	107.280	0.000	90.317	0.000	2.325
81	CRISPY PUI CU CARTOFI 500G	6157.780	340.832	335.780	42.840	207.552	13.119	5.731
82	CURCAN LA TAVA CU SOS SI CART NATUR 500G	1478.145	70.051	99.113	1.275	68.236	0.000	2.713
83	DOVLECEL LA GRATAR CU PILAF OREZ 500G	918.047	20.649	47.460	0.000	105.058	10.614	3.517
84	DOVLECEL PANE si cart taranesti 500g Aditivi: 0 Alergeni: gluten,soia	1974.516	37.934	119.462	0.000	189.239	10.480	5.432
85	ESCALOP DE PUI CU PILAF SI MURATURI 500G	875.267	45.666	38.847	0.931	91.704	1.203	3.124
86	ESCALOP PORC CU SOS PICANT+G+S 500G	1423.932	56.766	45.298	3.733	199.618	1.168	3.823
87	FALAFEL+G+S 500G Aditivi: 0 Alergeni: gluten,soia	1656.620	13.933	41.855	43.275	80.043	10.480	2.332

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88	FICATEI CU PILAF SI MURATURI 500G Aditivi: 0 Alergeni: orez,telina	1841.461	116.678	112.712	0.000	88.468	0.134	2.734
89	FICATEI LA TIGAIE CU MAMALIGA 500G Aditivi: 0 Alergeni: lactate	1499.984	112.028	78.379	1.020	78.287	0.000	2.713
90	FRIPTURA PORC LA TAVA +G+S 500G Aditivi: 0 Alergeni: telina,cereale,soia,lactate	1538.677	84.260	90.524	9.834	99.597	0.134	3.655
91	FRIPTURA PUI CU SOS TOMAT 500G Aditivi: 0 Alergeni: lactate	913.618	73.892	48.429	0.510	45.583	6.082	2.817
92	GHIVECI DE LEGUME 500G Aditivi: 0 Alergeni: telina	1437.461	44.005	62.747	0.000	183.876	9.889	2.755
93	IAHNIE DE FASOLE CU CARNATI 500G	1794.028	100.215	111.412	0.000	103.976	0.000	2.713
94	IAHNIE DE FASOLE SI TURTA 500G Aditivi: 0 Alergeni: gluten	1847.351	83.453	49.654	0.000	276.350	2.079	4.166
95	MACROU CU LEGUME SI CART NAT 500G Aditivi: 0 Alergeni: peste,lactate,telina	996.856	69.451	43.059	2.097	81.440	2.497	3.557
96	MACROU LA CUPTOR 300G Aditivi: 0 Alergeni: peste,lactate,telina	2017.054	124.166	69.298	2.796	214.350	0.000	3.956
97	MICI CARTOFI PRAJITI SI MUSTAR 400G Aditivi: 0 Alergeni: mustar	2645.470	125.328	104.539	120.000	68.088	0.000	0.775
98	NUGGET DE PUI CU PIURE SI SALATA 500G	715.960	12.567	39.015	1.173	77.917	10.480	2.332
99	OSTROPEL DE PUI +G+S 500G Aditivi: 0 Alergeni: gluten,lactate	1293.248	76.643	72.259	0.765	84.783	4.241	2.146
100	PACHETELE DE PRIMAVERA CU G+S500G Aditivi: 0 Alergeni: telina,orez,	1989.377	19.681	40.627	42.000	116.442	10.614	3.517
101	PARJOALE DIN PUI,PIURESI VARZA 500G	2241.596	122.307	116.463	3.854	166.590	10.480	4.741
102	PARJOALE MOLD+G+S 500G Aditivi: 0 Alergeni: oua,lactate	4683.170	209.432	135.967	111.800	98.857	0.134	3.897
103	PASTE PRIMAVERA 300G Aditivi: 0 Alergeni: faina,oua,lactate,telina	1950.570	54.358	122.006	8.650	164.829	5.803	1.456
104	PIEPT GRATAR +G+S 500G Aditivi: 0 Alergeni: lactate	955.960	57.567	44.255	2.293	77.917	10.480	1.170
105	PIEPT PUI CART PRAJITI SI MURATURI500G Aditivi: 0 Alergeni: 0	954.490	100.896	21.935	13.720	67.336	0.000	1.550
106	PIEPT PUI CU SOS CIUPERCI G+S 500G	1347.413	64.189	46.164	1.145	91.038	20.642	2.083
107	PUI CU SMANTANA ,PIURE SI VARZA 500G	1972.887	77.784	135.364	8.475	103.125	11.814	2.804
108	PUI LA ROTISOR +M+G+M 500G Aditivi: 0 Alergeni: lactate	2897.730	139.312	207.989	1.020	136.332	0.000	5.813
109	PULPA PORC CU CIUPERCI+G+S 500G	780.321	35.321	38.913	2.942	73.807	1.203	3.044
110	PULPA PUI CU MAMALIGA SI CARTOFI 500G Aditivi: 0 Alergeni: lactate,malai	2717.380	144.042	163.080	13.620	140.452	0.000	3.875
111	PULPA PUI CUPTOR+ G+S 500G Aditivi: 0 Alergeni: 0	1204.330	82.715	65.270	1.173	71.345	0.000	0.775
112	ROSII UMPLUTE CU CARNE SI OREZ 300G	2270.784	184.304	139.329	10.076	60.426	7.440	2.962
113	SARAMURA DE PUI 500G Aditivi: 0 Alergeni: lactate	1663.074	105.103	89.326	1.020	110.422	1.240	2.135
114	SARMALUTE POST CU MAMALIGA 500G Aditivi: 0 Alergeni: cereale	1799.160	37.778	104.439	0.000	180.798	0.000	2.713
115	SARMALUTE POST CU SFECLA 500G Aditivi: 0 Alergeni: cereale	1772.025	33.270	121.873	0.000	136.992	12.475	2.458
116	SNITEL DE LEGUME CU PILAF 500G	732.377	13.681	40.627	0.000	80.442	10.614	3.517
117	SNITEL PARIZIAN PORC CU CARTOFI 500G Aditivi: 0 Alergeni: gluten,oua	3423.470	203.968	146.210	48.450	114.113	10.480	3.495

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118	SNITEL PORC CU SALATA CARTOFI 500G	3523.220	176.080	146.136	48.458	132.355	0.999	2.743
Aditivi: 0 Alergeni: lactate,oua								
119	SNITEL PUI CART PRAJITI SI VARZA500G	3001.640	184.226	75.014	55.720	149.896	10.480	3.108
120	SNITEL PUI CU PILAF SI SALATA 500G	3562.847	193.719	141.831	43.120	140.735	10.614	4.292
121	SNITEL SOIA CU PILAF SI VARZA 500G	732.377	13.681	40.627	0.000	80.442	10.614	3.517
122	TAGLIATELE PRIMAVERA 500G	1271.070	35.108	57.806	0.000	162.779	5.803	1.381
Aditivi: 0 Alergeni: telina,gluten								
123	TELINA PANE DE POST +G+S 500G	2055.590	35.213	23.848	44.091	169.579	17.621	8.273
Aditivi: 0 Alergeni: telina,gluten,soia								
124	TELINA PANE DE POST CU PILAF+S MIXTA 500G	2065.562	37.706	23.934	44.091	173.558	10.995	8.492
Aditivi: 0 Alergeni: telina,glute,soia								
125	TOCANA DE PORC SI ROSII+G+S 500G	2057.058	118.148	132.098	10.795	120.481	3.204	2.838
Aditivi: 0 Alergeni: lactate								
126	TOCANITA CIUPERCI +G+S 500G	1532.180	37.722	103.526	0.000	125.052	10.480	4.270
Aditivi: 0 Alergeni: 0								
127	TOCANITA PIPOTE CU PILAF SI MURATURI 500G	840.665	69.496	26.299	0.000	103.349	1.391	3.127
128	TOCHITURA MOLDOVENEASCA 500G	3743.208	306.181	232.306	18.020	95.709	0.000	1.938
Aditivi: 0 Alergeni: oua,lactate								
129	TOCHITURA DOBROGEANA 500G	1591.028	87.184	96.735	10.089	95.492	0.000	1.696
130	TOFU CU LEGUME LA TIGAIE SI SOS AVOCADO 500G	809.270	29.612	34.576	4.252	52.568	7.160	1.596
131	TOFU CU SALATA ORIENTALA 500G	578.899	28.250	26.951	0.005	61.289	0.600	0.793
Aditivi: 0 Alergeni: soia								
132	VARZA CU CARNATI 500G	2180.550	93.148	175.001	0.000	55.462	22.400	0.775
133	VARZA CU CARNE 500G	1120.670	76.108	70.449	6.800	53.998	22.400	0.775
Aditivi: 0 Alergeni: 0								